

Year 7 Unit 1 Overview Lifestyle: My New School

The Big Picture: In this unit of work it will introduce you to the Lifestyle program as well as get you to reflect on the start of the year and start developing the study skills necessary to be a successful Penryn College student.

You will be able to:

- Identify the main building around the school and the key people within the SLT and Pastoral teams and what they do.
- Identify areas of difficulty you faced when starting secondary school and what would have made it easier.
- Identify the key behaviours of a successful student using the four categories.
- Apply knowledge of success behaviours to a given situation.

Lesson Overview: 1. My New School To introduce Lifestyle as a subject. To review the start of the school year. To consider advice for new students joining the school. 2. Year 7 Study Skills To identify what it means to be a successful student at Penryn College	Key Words: <ul style="list-style-type: none">• Expectations• Lifestyle• Organisation• Personal Social Health Education• Stress Management• Support Systems• Time Management
Careers Links: Link with all possible future careers as the skills that you will develop can be carried into the world of work. SMSC: <ul style="list-style-type: none">• I will be developing a sense of enjoyment and fascination with learning and will reflect on my experiences.	Character skill: Self-organisation

Year 7 Unit 2 Overview Lifestyle: Friendships and Bullying

The Big Picture: In this unit of work you will be looking at positive friendships and bullying. You will be focusing on identifying the characteristics of positive friendships and how to maintain them as well as how to get out of a toxic friendship. You will also discuss various forms of bullying and how to deal with it.

You will be able to:

- To identify the key characteristics of a positive friendship.
- To outline strategies for maintaining friendships over time.
- To understand what a toxic friendship is and how to deal with it.
- To identify and define different types of bullying.
- To outline strategies for dealing with different types of bullying, including legal means.

Lesson Overview: 1. What makes a good friend? To outline the characteristics of a good friend. To discuss strategies for maintain a good friendship and strategies for dealing with a toxic friendship. 2. What is bullying? To define what bullying is. To outline different types of bullying and how to identify them. To be aware of the Penryn Colleges bullying policy. 3. Dealing with bullying To discuss strategies for dealing with bullying if you see it happening to someone else. To discuss strategies for dealing with bullying when it is happening to you. To think about ways that Penryn College could help deal with bullying.	Key Words: • Friends • Bully • Bullying • Homophobia • Trust • Cyber Bullying • Physical • Verbal • Psychological.
Careers Links: Link with all areas of work as maintaining good relationships is essential in the work place. Bullying does not stop at the end of school but can also happen in the workplace. SMSC: <ul style="list-style-type: none">• I will be able to identify right from wrong and apply this to my own life.• I will show an appreciation for a wide range of cultural influence which shape my own and other lives.	Character skill:

Year 7 Unit 3 Overview Lifestyle: Healthy Living

The Big Picture: In this unit of work you will be looking at ways of maintaining a healthy lifestyle. You will look at the importance of a healthy diet and exercise and what they are. You will complete a short first aid course as well as consider how some of the choices you make can affect your health.

You will be able to:

- To outline what a healthy diet looks like and why it is important to our physical health.
- To explain the importance of exercise and different ways of getting exercise.
- To know basic everyday first aid.
- To understand what FGM is and its effects.
- To understand how to check for breast and testicular cancers and the prevention of skin cancers.

Lesson Overview: 1. Healthy Living. To understand the importance of exercise in a healthy lifestyle. To discuss the role of relaxation and rest in a healthy lifestyle. To complete a basic First Aid Course. 2. Healthy Eating To identify the components of a healthy diet. To discuss the importance of a balanced diet. 3. Female Genital Mutilation. To understand what FGM is and the effects FGM (physically and emotionally). To understand the law relating to FGM. 4. Cancer. To discuss how to check for breast and testicular cancers. To identify strategies for protecting against skin cancers.	Key Words: <ul style="list-style-type: none">• Diet• Exercise• Balanced diet• First Aid• FGM• Cancer• Rest• Relaxation• Mental Health
Careers Links: <ul style="list-style-type: none">• Health Care• Dietician• Nutritionist• Personal Trainer SMSC: <ul style="list-style-type: none">• I will use a range of social skills in difference context and participate fully in lessons.• I will understand the consequences of my behaviour and actions.	Character skill:

Year 7 Unit 4 Overview Lifestyle: Puberty and Hygiene

The Big Picture: In this unit of work you will be looking at the changes that occur both physical and emotionally during puberty. You will look at strategies for dealing with changes in a positive and productive way. You will also look at how your personal hygiene needs to change when going through puberty.

You will be able to:

- To outline the physical changes that happen to both boys and girls during puberty.
- To outline the emotional change that happen during puberty and strategies for dealing with them.
- To identify how personal hygiene can change during puberty and how to deal with these changes.
- To identify people and agencies you can turn to for support and help during this time.

Lesson Overview: 1. Puberty and the Physical Changes To understand the ground rule for RSE lessons. To establish what you have already learned about puberty and add to that knowledge. 2. Puberty and the Emotional Changes To establish what you have already learned about puberty and add to that knowledge. 3. Puberty and Personal Hygiene To understand the importance of personal hygiene. To outline ways of maintaining personal hygiene.	Key Words: <ul style="list-style-type: none">• Puberty• Hygiene• Physical Changes• Emotions• Strategies• Menstruation• Erection• Breasts• Vagina• Penis
Careers Links: This unit of work is part of the statutory RSE programme but does link to careers in the medical field as well as careers that involve working with young people. SMSC: <ul style="list-style-type: none">• I will use a range of social skills in difference context and participate fully in lessons.• I will understand the consequences of my behaviour and actions.	Character skill: